

Bay-Spiced Roast Turkey

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Makes: 12 servings turkey (plus leftovers) & 4 cups gravy
Active time: 1¼ hours **Total:** 2¾ hours (plus 8-16 hours brining time)
To make ahead: Brine turkey (Step 1) for up to 16 hours.

This turkey is brined to keep it moist, then rubbed with spices. Diced celery root or parsnip adds flavor and texture to the gravy. A heritage, natural or organic turkey, without added sodium solution (found in most conventional turkeys), tastes best in this recipe. If you have a conventional bird, just skip the brining (Step 1). (Photograph: page 2.)

Brine & Turkey

- 1 gallon water
- 1 cup kosher salt
- ¾ cup sugar
- 2 medium onions, sliced
- 1 head celery, cut into 3-inch lengths
- ½ cup Bay Spice Blend (right)
- 8 cups ice-cold water
- 4 cups ice cubes
- 1 12- to 14-pound turkey, preferably natural, organic or heritage (see Tip, page 12)

Turkey Rub

- ½ cup Bay Spice Blend
- 1 teaspoon kosher salt
- 2 lemons, zested then halved, divided
- 1 tablespoon canola oil
- 4 shallots, halved

Celery Root Pan Gravy

- ½ cup finely diced onion
- 2 sprigs fresh thyme
- 1 bay leaf
- 1 cup dry white wine
- 2 cups low-sodium turkey or chicken broth or stock
- 3 tablespoons cornstarch
- 2 cups water
- 1½ cups finely diced peeled celery root (see Tip, page 12) or parsnips
- ¼ cup snipped fresh chives
- ¼ teaspoon freshly ground white pepper, or to taste

1. To brine turkey: At least 8 hours (and no more than 16 hours) before you plan to

serve your turkey, make the brine. Combine water, 1 cup salt, sugar, onions, celery and ½ cup spice blend in a large stock pot. Bring to a boil over high heat, stirring to dissolve the salt and sugar. Let cool to room temperature. Then stir in ice-cold water and ice. Remove neck and giblets from turkey and discard. Add the turkey to the brine; weight it with a plate, if necessary, so it stays submerged. Cover and refrigerate for at least 8 hours and no longer than 16 hours. (If you do not have enough space in your refrigerator, you can add enough sealed, clean ice packs to the pot to keep the turkey at 40°F or colder.)

2. To rub & roast turkey: About 3½ to 4 hours before you want to serve the turkey, remove it from the brine and thoroughly rinse with cool water. (Discard the brine.) Pat dry with paper towels.

3. Combine ½ cup spice blend, 1 teaspoon salt and lemon zest in a small bowl. (There should be enough spice blend left for the stuffing, page 6.) Rub the mixture under the skin on the turkey breast, thighs and legs and inside the cavity as evenly as possible without tearing the skin. Rub the outside of the turkey with oil. Stuff the cavity with shallots and the zested lemon halves.

4. Coat a rack with cooking spray and place it in a roasting pan. Place the turkey on the rack, breast-side down, and let stand at room temperature for 30 minutes.

5. Meanwhile, preheat oven to 400°F.
6. Roast the turkey for 30 minutes. Reduce oven temperature to 350°, add 2 cups hot water to the pan to prevent the drippings from burning and roast for 30 minutes more.

7. Remove the turkey from the oven and very carefully turn it breast-side up. Then continue roasting until an instant-read thermometer inserted into the thickest part of a thigh without touching bone registers 165°F, 30 minutes to 1 hour more. (If the turkey is larger than 14 pounds, add 3 to 6 minutes more roasting time for each additional pound.)

8. Transfer the turkey to a clean cutting board, leaving the drippings in the pan. Tent the turkey with foil to keep warm and let rest while you prepare the gravy.

9. To prepare gravy: Set the roasting pan over two burners on medium-high heat; add diced onion, thyme sprigs and bay leaf and cook, stirring and scraping up any

browned bits, until the onion is soft, about 4 minutes. Add wine, bring to a boil over medium-high heat and cook until reduced by about half, 6 to 8 minutes. Carefully strain the liquid through a fine sieve and return the strained liquid to the roasting pan over medium-high heat. Combine broth and cornstarch in a measuring cup and slowly whisk into the liquid in the pan. Add 2 cups water and celery root (or parsnips) and cook, whisking constantly, until the vegetables are tender and the gravy is thickened, about 10 minutes. Remove from the heat; stir in chives and white pepper.
10. Carve the turkey and serve with gravy.

Per serving (3 oz. turkey without skin plus ¼ cup gravy): 189 calories; 5 g fat (1 g sat, 1 g mono); 66 mg cholesterol; 6 g carbohydrate; 1 g added sugars; 26 g protein; 1 g fiber; 416 mg sodium; 358 mg potassium.

Nutrition bonus: Zinc (20% daily value).

Carbohydrate servings: ½

Exchanges: ½ vegetable, 3¼ lean meat.

Bay Spice Blend

Makes: 1 cup, enough for turkey & stuffing recipes

To make ahead: Store airtight for up to 2 weeks

This spice blend is inspired by traditional Maryland seafood seasoning. It's the signature flavor for the turkey and the crab cake stuffing in this meal.

- ¼ cup dry mustard
- 8 whole bay leaves, finely crushed
- 2 tablespoons crushed red pepper
- 2 tablespoons celery seed
- 2 tablespoons ground ginger
- 1½ tablespoons dried thyme
- 1 tablespoon sweet paprika
- 1 tablespoon ground cinnamon
- 1 tablespoon ground mace or nutmeg
- 1 tablespoon freshly ground pepper
- 2 teaspoons onion powder

Combine all ingredients in a medium bowl.



Cauliflower, Romanesco & Broccoli Gratin

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Makes: 12 servings, $\frac{2}{3}$ cup each

Active time: 35 minutes **Total:** 1 hour

To make ahead: Prepare through Step 1, cover and refrigerate florets for up to 1 day. Proceed with Steps 2-5 about 1 hour before serving.

The crumbled cheese crackers on top of this gratin evoke a classic retro Thanksgiving casserole. But it gets a modern light spin with a sauce made with low-fat milk and just enough full-flavor cheese to keep it rich without lots of saturated fat and calories. Opt for cheese crackers made without partially hydrogenated oils.

- 14 cups bite-size florets from 2-3 heads broccoli, cauliflower and/or romanesco
- 2 cups low-fat milk
- 1½ teaspoons Dijon mustard

- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon salt
- 2 tablespoons cornstarch
- 2 tablespoons water
- $\frac{3}{4}$ cup shredded extra-sharp white Cheddar cheese
- $\frac{3}{4}$ cup shredded Gruyère cheese
- $\frac{1}{4}$ cup snipped fresh chives
- $\frac{3}{4}$ cup crushed cheese-flavored crackers
- 2 teaspoons extra-virgin olive oil

1. Bring a large pot of water to a boil. Add florets and cook, stirring frequently, for 1 minute. Drain in a colander and immediately rinse with cold water until cool. Drain well. Spread on a baking sheet or kitchen towel and pat with a clean towel to soak up any excess water.
2. Preheat oven to 375°F. Coat a 9-by-13-inch (or similar-size shallow ovenproof dish) with cooking spray.
3. Combine milk, mustard, garlic powder and salt in the large pot; bring to a simmer over medium-high heat. Combine cornstarch and water in a small bowl; whisk

into the simmering milk. Bring the mixture to a boil over high heat, whisking. Reduce heat to maintain a simmer and cook, whisking, for 2 minutes. Add Cheddar, Gruyère and chives; whisk until smooth. Remove from heat.

4. Add the florets to the pot and gently stir to coat with the cheese sauce. Transfer to the prepared baking dish. Combine crackers and oil in a small bowl and sprinkle over the vegetables.
5. Bake until the cheese sauce is bubbling and the florets are starting to brown on top, 25 to 30 minutes. Serve warm.

Per serving: 221 calories; 12 g fat (5 g sat, 5 g mono); 20 mg cholesterol; 21 g carbohydrate; 0 g added sugars; 9 g protein; 3 g fiber; 427 mg sodium; 311 mg potassium.

Nutrition bonus: Vitamin C (88% daily value), Folate (27% dv), Calcium (23% dv), Vitamin A (19% dv).

Carbohydrate servings: 1½

Exchanges: 1 starch, 1 vegetable, $\frac{1}{4}$ high-fat meat



Phyllo-Wrapped Apple Dumplings with Apple Cider Sauce

Makes: 12 servings, 1 dumpling & 2 Tbsp. sauce each

Active time: 1 hour **Total:** 1½ hours

To make ahead: Prepare sauce (Step 1) and assemble dumplings (Steps 3-5). Cover and refrigerate separately for up to 1 day; bake the dumplings and reheat the sauce before serving.

Cider is reduced to create a sensational sauce for these crispy apple dumplings.

Cider Sauce

- 8 cups apple cider or apple juice
- 2 tablespoons cornstarch
- 1 tablespoon water

Apple Dumplings

- ½ cup golden raisins
- 3 tablespoons light brown sugar
- ½ teaspoon apple pie spice (*see Tip, page 12*)
- 6 sweet crisp apples, such as Honeycrisp, Macoun or Braeburn
- ¼ cup unsalted butter, melted
- ¼ cup canola oil
- ¼ cup granulated sugar

- 1 tablespoon ground cinnamon
- 24 sheets phyllo dough (9-by-14-inch), thawed per package directions

1. To prepare sauce: Bring cider (or juice) to a boil in a large saucepan. Boil, watching carefully and stirring occasionally to keep bubbles down, until reduced to about 2 cups, 30 to 40 minutes. Combine cornstarch and water in a small bowl until smooth; whisk the cornstarch mixture into the boiling syrup. Return to a boil. Reduce heat and simmer, whisking frequently, until thickened, 2 to 4 minutes more. Remove from heat and cover to keep warm.

2. To prepare dumplings: Preheat oven to 350°F.

3. Combine raisins, brown sugar and apple pie spice in a medium bowl. Peel, halve and core apples. Place cut-side up on a clean work surface; spoon a little of the raisin mixture into the center of each apple half. Sprinkle any remaining sugar mix over the apples.

4. Combine butter and oil in a small bowl; set aside 2 tablespoons in another small bowl. Combine granulated sugar and cinnamon in a third small bowl. Unroll phyllo sheets onto a clean, dry surface, keeping them in a stack. Cover with a piece of wax paper and then a barely damp kitchen

towel to prevent them from drying out.

5. Lay out one sheet of phyllo on a clean, dry surface. Using a pastry brush, lightly brush the sheet with butter mixture from the first bowl, then lightly sprinkle with cinnamon sugar. Repeat, layering on 3 more sheets of phyllo; coat and sprinkle the top sheet too. Cut the phyllo stack in half crosswise. Place a stuffed apple half in the middle of each stack. Gather the sides of the phyllo together, pinching the corners, to enclose the apple. Transfer the dumplings to a large rimmed baking sheet. Repeat with the remaining phyllo and apples to make 12 dumplings altogether. Brush them with the reserved 2 tablespoons of butter mixture.

6. Bake the dumplings until the phyllo is golden brown and crisp, 35 to 40 minutes. Let stand at least 10 minutes and up to 30 minutes. Reheat the sauce, if desired. Serve the dumplings with the sauce.

Per serving: 373 calories; 11 g fat (3 g sat, 5 g mono); 10 mg cholesterol; 67 g carbohydrate; 6 g added sugars; 3 g protein; 4 g fiber; 187 mg sodium; 192 mg potassium

Carbohydrate servings: 4½

Exchanges: 1 starch, 2½ fruit, ½ other carbohydrate, 1½ fat

THANKSGIVING SHOPPING LIST

Shop For:

PRODUCE

Fruit

- ☐ 6 sweet crisp apples
- ☐ 2 lemons

Vegetables

- ☐ 2 heads broccoli
- ☐ 1 head cauliflower
- ☐ 2 bunches celery
- ☐ Chives (1/2 cup)
- ☐ 3 medium white onions
- ☐ 4 shallots
- ☐ 1 large celery root (celeriac)

Fresh Herbs & Flavorings

- ☐ Thyme (2 sprigs)

DRY GOODS & BREAD

- ☐ 1 box cheese-flavored crackers

CANNED & BOTTLED GOODS

- ☐ 2 cups low-sodium turkey or chicken broth or stock

NUTS, SEEDS & DRIED FRUITS

- ☐ ½ cup golden raisins

REFRIGERATOR ITEMS & DAIRY

- ☐ Apple cider (8 cups)
- ☐ Low-fat milk (2 cups)
- ☐ Extra-sharp white Cheddar cheese (3/4 cup)
- ☐ Gruyere cheese (3/4 cup)

Check Your Pantry For:

OILS, VINEGARS & CONDIMENTS

- ☐ Oil: Canola, extra-virgin olive
- ☐ Dijon mustard

REFRIGERATOR ITEMS

- ☐ Unsalted butter

FLAVORINGS

- ☐ Apple pie spice
- ☐ Cinnamon (1 tablespoon)
- ☐ Garlic powder
- ☐ Salt: regular table salt, kosher (1 box)
- ☐ Bay leaf (9)
- ☐ White pepper
- ☐ Crushed red pepper (2 tablespoons)
- ☐ Dry mustard powder (1/4 cup)
- ☐ Celery seed (2 tablespoons)
- ☐ Ground ginger (2 tablespoons)
- ☐ Paprika (1 tablespoon)
- ☐ Dried thyme
- ☐ Cinnamon (1 tablespoon)
- ☐ Mace or nutmeg (1 tablespoon)
- ☐ Black pepper (1 tablespoon)
- ☐ Onion powder (2 tablespoons)

SPIRITS

- ☐ Dry white wine (1 cup)

DRY GOODS

- ☐ Cornstarch
- ☐ Sweeteners: granulated sugar, light brown sugar

FROZEN

- ☐ 1 box phyllo dough (9x14 inches)

MEAT & SEAFOOD

- ☐ 12- to 14- pound turkey